

Daily Lunch: \$ 2.35 (with milk)
 Breakfast: \$ 1.55 (with milk)
 Milk (only) \$.55

Mansfield Middle School Menu March 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Hotdog On Wheat Bun Vegetarian Baked Beans Sweet Potato Fries Celery Sticks Chilled Peaches Milk	Chicken Pattie on Wheat Bun Smile Fries Green Beans Apple Sauce Trail Mix Milk	*Harvest Lasagna *Wisk Bread *Roasted Apples Tossed Greens Milk Cocoa Cookies *Wildly Affordable Organic Recipe	Hamburger or Cheeseburger on Wheat Bun Baked Sweet Potato Casserole Cucumbers Chilled Pears Trail Mix Milk	Cheese Pizza Tossed Salad Mixed Vegetables Chilled Peaches Milk
March 4	March 5	March 6	March 7	March 8
Toasted Cheese on Wheat Bread Tomato Soup Carrot Sticks Chilled Pears Milk	Chicken Nuggets Broccoli Southwestern Potato Tots Apple Sauce Trail Mix Milk	Enriched Pasta with Meatballs Green Salad California Blend Veggies Chilled Pears Milk	Baked Tortilla Chips Topped with Seasoned Beef, Cheese, Lettuce, Tomatoes, Salsa, Black Beans, Corn Orange Smiles Trail Mix Milk	French Bread Pizza Green Salad Sweet Peas Apple Sauce Milk
March 11	March 12	March 13	March 14	March 15
Hamburger or Cheeseburger on Wheat Bun Oven Fries Celery Sticks Dipping Sauce Pineapple Milk	Wheat French Toast Sticks Egg Patty Potato Tots Trail Mix 100% Orange Juice Milk	Enriched Pasta with Meat Sauce Spinach Salad Mixed Vegetables Chilled Pears Milk	Mac & Cheese Vegetable Sticks Green Beans Tortilla Chips Trail Mix Milk	Cheese or Pepperoni Pizza Tossed Salad Sweet corn Apple Sauce Milk
March 18	March 19	March 20	March 21	March 22
Chicken Tenders Seasoned Red Bliss Potatoes Dipping Sauce Green Beans Fresh Apple Milk	Mashed Potato Bar Chicken and Gravy Broccoli & Cheese Chilled Oranges Trail Mix Milk	Enriched Pasta with Meatballs Wheat Garlic Toast Tossed Salad Chilled Peaches Milk	No School	No School
March 25	March 26	March 27	March 28	March 29

*Wildly Affordable Organic Cookbook author, Linda Watson, lends a hand with school lunch March 6, 2013.



Breakfast is available every day for \$1.55.

We have bagels, muffins, cereal, egg & cheese sandwiches, wheat breakfast buns, wheat pancakes and wheat french toast. Included with breakfast is milk and fruit or 100% juice.

Daily Alternate Lunch Choices for \$2.35

In addition to the planned menu above, every day we also have:

A second Hot Choice

Grinders or Wraps

PB&J or PB& Fluff sandwiches

Pizza

Bagel Lunch.

ALL lunch choices come with vegetable, fruit and milk

Salad Bar \$3.25

The 5 Meal Components for School Lunch

• Meat or Meat Alternate	You choose at least 3 including ½ cup of vegetable or fruit and at least 2 other components. For best nutrition, choose all 5!
• Grain	
• Fruit	
• Vegetable	
• Milk	